



*about* **LIGHT'N LOVELY COOL  
DESSERTS...**

*For many people, dessert is the best part of the meal—the light desserts given in this set look so pretty, taste so good, that it is a pleasure to prepare them. And they're easy; you'll make them often, and love them every time!*

*Ellen Sinclair*

*Ellen Sinclair, Food Editor  
Australian Women's Weekly*

*The recipe cards in this set are packed with a variety of deliciously tempting cool, light desserts, creamy cheesecakes, cool ices, desserts with fresh fruit, coffee or chocolate flavors; they're all recipes which will become favorite desserts.*



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Chocolate Mousse
- B 2** Superb Sour Cream Cheesecake
- B 3** Vanilla Icecream & Chocolate Sauce
- B 4** Jellyed Wine Grapes  
Jellyed Port Wine Grapes
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## CUP AND SPOON MEASURES

Recipes in The Australian Women's Weekly Recipe Card Library use standard metric equipment approved by the Australian Standards Association. These consist of:

- a) 250 millilitre cup for measuring liquids. (The metric cup contains approximately 1 tablespoon more liquid than the Imperial 8 liquid ounce measuring cup.) A litre jug (capacity 4 cups) is also available.
- b) a graduated set of four cups—measuring 1 cup, half, third, and quarter cup—for measuring items such as flour, sugar, etc. When measuring in these fractional cups, level off at the brim.
- c) a graduated set of four spoons: tablespoon (20 millilitre liquid capacity); teaspoon (5 millilitre); and half and quarter teaspoons.

*Note:* All spoon measurements are level.

Photography by Garry Isaacs



## COFFEE LIQUEUR MOUSSE



$\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  cup water  
 90 g (3 oz.) dark chocolate  
 1 egg

1 tablespoon coffee  
 liqueur (Tia Maria or  
 Kahlua)  
 1 tablespoon brandy  
 $\frac{2}{3}$  cup cream

Combine sugar and water in saucepan, stir over low heat until sugar is dissolved, bring to the boil, remove from heat.

Chop chocolate, put into blender with lightly-beaten egg. Add boiling syrup gradually, in a thin stream; start to blend immediately a portion of the hot syrup is added. Blend on low speed. Continue blending and adding syrup until chocolate is melted and mixture has thickened. Cool. Add liqueur and brandy, refrigerate for at least 1 hour.

Whip cream, fold into chocolate mixture. Spoon into serving dish or individual dishes, refrigerate for 2 hours or until required. If desired, decorate with extra whipped cream and strawberries.

**Serves 4.**

## CHOCOLATE MOUSSE

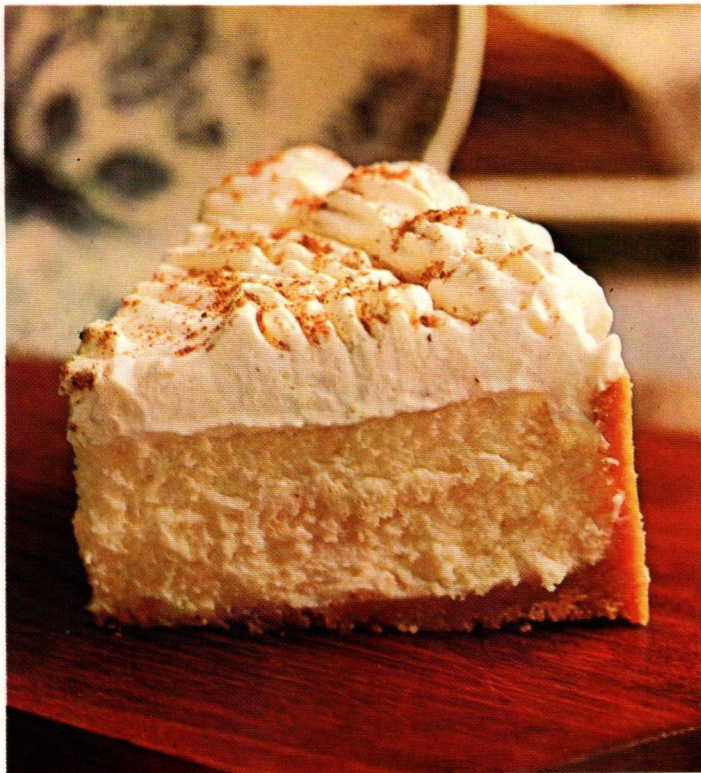
125 g (4 oz.) dark  
 chocolate  
 4 eggs

$1\frac{1}{4}$  cups cream  
 1 tablespoon brandy

Separate eggs. Chop chocolate roughly, put into top of double saucepan; stir over hot water until melted. Remove from heat, cool a little, then blend in egg-yolks, one at a time. Beat until mixture is smooth and thick. Fold in whipped cream, brandy, then softly beaten egg-whites. Spoon into individual serving dishes, refrigerate until firm. To serve, top with extra whipped cream and grated chocolate.

**Serves 4.**

## SUPERB SOUR CREAM CHEESECAKE



## SUPERB SOUR CREAM CHEESECAKE

### CRUMB CRUST

250 g (8 oz.) plain sweet  
biscuits

125 g (4 oz.) butter

Crush biscuits finely; combine biscuit crumbs and melted butter. Press onto sides and base of 20 cm (8 in.) springform pan, refrigerate while preparing filling.

### FILLING

250 g (8 oz.) packaged  
cream cheese

2 tablespoons cornflour

250 g (8 oz.) cottage  
cheese

1 cup sour cream

3 eggs

2 tablespoons grated  
lemon rind

1 cup sugar

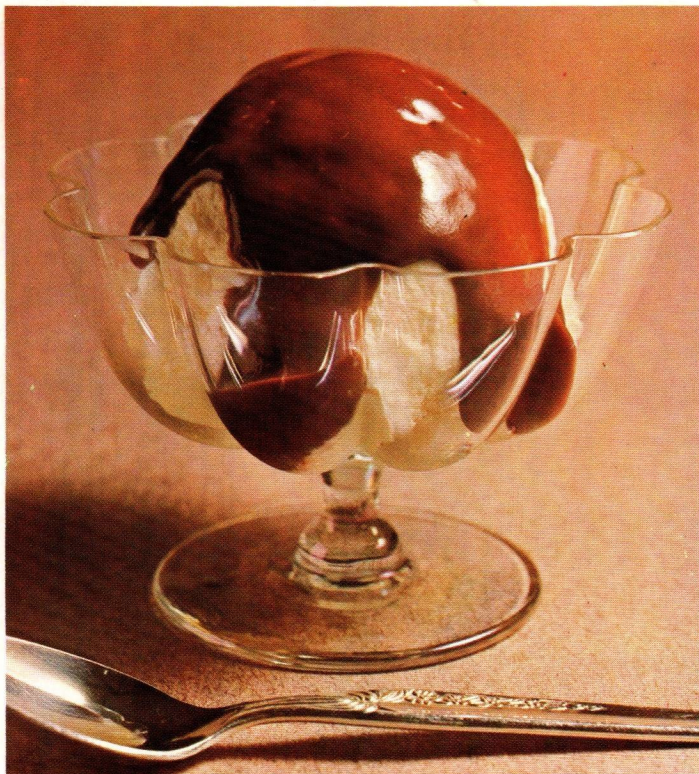
3 tablespoons lemon juice

Sieve cheeses, beat together until smooth. Add eggs one at a time, beat well after each addition. Add cornflour and sugar, mix well. Blend in sour cream, lemon rind and juice.

Pour mixture into crumb crust. Stand pan on oven tray. Bake in moderately slow oven 50 to 60 minutes; cool. Refrigerate several hours before serving.



## VANILLA ICECREAM & CHOCOLATE SAUCE



### VANILLA ICECREAM WITH CHOCOLATE SAUCE

2 teaspoons gelatine  
 ½ cup sugar  
 ½ cup water  
 1¼ cups full cream milk  
 powder

1.25 litres (5 cups) milk  
 2 teaspoons vinegar  
 2 teaspoons vanilla

Combine gelatine, sugar and water in saucepan, stir over low heat until sugar and gelatine are dissolved, pour into large basin. Add powdered milk, whisk until smooth, gradually beat in milk. Pour mixture into two 28 cm x 18 cm (11 in. x 7 in.) lamington tins or into freezer trays; freeze until almost set. Spoon mixture into large basin, add vinegar and vanilla, beat until thick and creamy; this can be done on electric mixer. Pour mixture back into lamington tins or freezer trays, freeze until set.

This economical recipe makes approximately 2.5 litres. For richer icecream, beat in ½ cup cream with milk.

### CHOCOLATE SAUCE

125 g (4 oz.) dark  
 chocolate  
 ⅔ cup water  
 ¼ cup sugar

2 teaspoons cornflour  
 1 tablespoon water, extra  
 ½ teaspoon vanilla

Chop chocolate roughly, combine with water and sugar in small saucepan, stir over low heat until chocolate melts and sugar is dissolved, remove from heat. Blend cornflour with extra water, stir into chocolate mixture, return to heat, stir until sauce boils and thickens; remove from heat, add vanilla. Serve warm or cold. Makes 1 cup.

## JELLIED WINE GRAPES



## JELLIED WINE GRAPES

1 packet lemon jelly  
crystals  
285 ml bottle  
dry ginger ale

$\frac{1}{4}$  cup water  
 $\frac{3}{4}$  cup sweet white wine  
250 g (8 oz.) small white  
sultana grapes

Remove stalks from grapes, prick grapes once or twice, put into bowl, add white wine, cover, let stand 1 to 2 hours, stirring occasionally. Strain, reserve wine.

Heat ginger ale and water until boiling, pour over jelly crystals in heatproof bowl, stir to dissolve. Add reserved wine, cool, then refrigerate.

Spoon cold but not set jelly into serving dishes. Allow to set until the consistency of egg-white. Drop grapes into jelly, return to refrigerator until completely set.

**Serves 4.**

## JELLIED PORT WINE GRAPES

Substitute 1 packet port wine jelly crystals and  $\frac{3}{4}$  cup port wine for the lemon jelly crystals and sweet white wine in above recipe.



## CARAMEL CREAM PIE



## CARAMEL CREAM PIE

### CRUMB CRUST

250g (8oz) plain sweet  
biscuits

125g (4oz) butter

### FILLING

60g (2oz) butter  
½ cup brown sugar,  
lightly packed  
1 tablespoon gelatine  
3 egg yolks

½ cup castor sugar  
1 cup milk  
300ml carton cream  
¼ cup cold water

### TOPPING

300ml carton cream

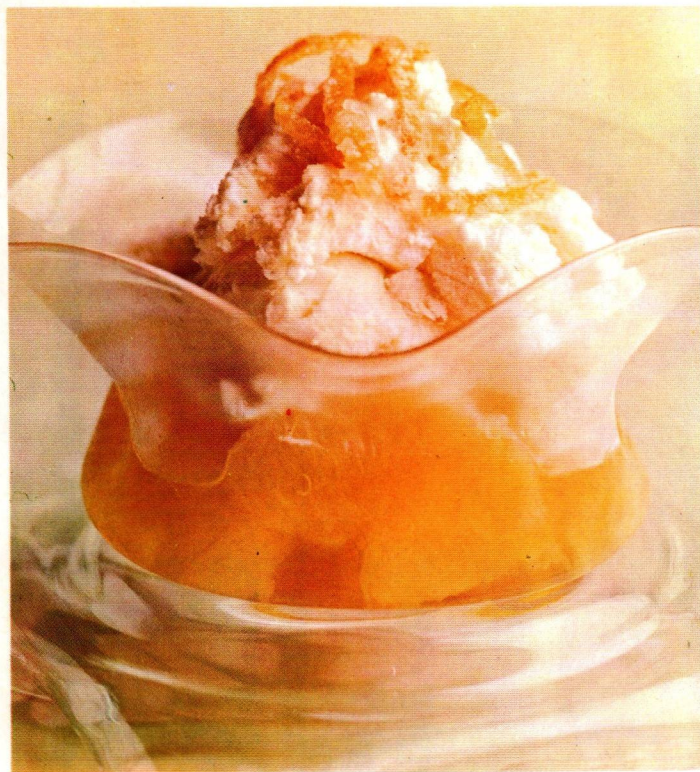
2 tablespoons bottled  
caramel topping

**Crumb Crust** — Crush biscuits finely, add melted butter, mix well. Press crumb mixture on to base and sides of 20cm (8in) springform pan. Refrigerate while preparing filling.

**Filling** — Melt butter in small saucepan over gentle heat, add brown sugar, stir until sugar dissolves, then bring mixture to the boil. Remove from heat immediately; allow to cool. Beat egg yolks and sugar until white and fluffy. Warm the milk over gentle heat, add to the beaten egg yolk mixture, mix well. Return mixture to pan, stir over gentle heat until mixture thickens slightly but do not allow to boil. Remove from heat, allow mixture to cool a little. Sprinkle gelatine over water, dissolve over hot water. Add gelatine to egg mixture, mix well. Allow mixture to almost set, then fold in softly beaten cream and cold caramel mixture, mix well. Pour mixture into prepared pie crust, refrigerate until set.

**Topping** — Whip cream, spread over pie, drizzle caramel topping over; swirl sauce through cream lightly with knife for marbled effect.

## BRANDIED ORANGES



4 oranges  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup water

## BRANDIED ORANGES

$\frac{1}{4}$  cup orange juice  
 2 tablespoons brandy

Combine sugar and water in saucepan, stir until sugar dissolves; bring to the boil, cook until mixture turns to syrup. Remove from heat, add orange juice and brandy, cool completely.

Remove rind from oranges, remove all white pith. Cut oranges into sections, cutting between the membranes. Place into bowl, pour over cooled syrup. Cover and refrigerate till serving time.

To serve; spoon orange segments and some of the juice into serving dishes, top with scoop of icecream (Cointreau Icecream, Card 16, is superb). Top with caramelised orange strips.

## CARAMELISED ORANGE STRIPS

rind of 1 orange  
 water

$\frac{1}{2}$  cup sugar  
 1 tablespoon water

Remove rind from orange with vegetable peeler, cut into 5 mm ( $\frac{1}{4}$  in.) strips with scissors. Place strips in saucepan, barely cover with cold water, simmer 4 minutes. Drain, rinse under cold running water, let drain 10 minutes.

In heavy-based saucepan, dissolve sugar in 1 tablespoon water over low heat, add drained orange strips and simmer gently 8 to 10 minutes, stirring occasionally. Remove strips from syrup with fork, place on greased paper and allow to dry thoroughly.

**Serves 4.**



**MANGO MOUSSE**

500 g (16 oz.) can mango  
slices  
1 tablespoon gelatine  
¼ cup water

1 tablespoon lemon juice  
¾ cup sugar  
2½ cups cream

Drain mango slices, reserve few for decoration. Mash remaining mangoes to a puree. Sprinkle gelatine over water, dissolve over hot water. Add to mango puree with lemon juice and sugar. Whip cream, fold into mango mixture.

Spoon into individual serving dishes or large serving dish, refrigerate until set. Decorate with reserved mango slices and, if desired, toasted almond flakes.

**Serves 6.**

**Note:** When mangoes are in season substitute four ripe fresh mangoes for the canned mangoes. Peel mangoes, cut flesh away from stone and mash to a puree.

**ORANGE SHERBET**

3 cups orange juice  
(approx. 6 oranges)  
1 cup sugar

1 cup water  
¼ cup lemon juice

Place all ingredients in saucepan, stir over low heat until sugar dissolves; bring to boil, boil 5 minutes. Allow to cool, then pour into freezer tray and freeze until set; stir occasionally to prevent mixture separating.

**Serves 4.**

## RUM-RASPBERRY CUSTARDS



**1 ¼ cups cream**  
**½ teaspoon vanilla**  
**3 egg-yolks**  
**2 tablespoons sugar**

**2 teaspoons rum**  
**raspberry jam**  
**¼ cup cream, extra**

Combine cream and vanilla in top of double saucepan, place over simmering water until cream is warm, remove from heat. Beat egg-yolks and sugar in basin until light and creamy. Stir slowly into warm cream. Return mixture to heat, stir constantly over simmering water until mixture thickly coats wooden spoon. Remove from heat, stir in rum.

Pour custard into 4 individual heat-proof dishes. Refrigerate until custard is firm. Carefully spread a little warmed, sieved raspberry jam over custard, then spoon extra unwhipped cream over jam. Place ¼ teaspoon sieved jam in centre of cream. Refrigerate before serving.

**Serves 4.**

## MEXICAN CUSTARD

**¼ cup sugar**  
**¼ cup water**  
**2 eggs**

**470 g (15 oz.) can**  
**evaporated milk**  
**1 tablespoon sugar, extra**  
**1 teaspoon vanilla**

Put ¼ cup sugar and ¼ cup water into saucepan, stir until sugar dissolves, continue to simmer until mixture turns caramel color. Pour into base of 2 individual souffle dishes. Beat eggs, add evaporated milk, extra sugar and vanilla, mix well. Strain into dishes, cover with aluminium foil, place in pan containing water to come halfway up sides of dishes. Bake in moderately slow oven 50 to 60 minutes or until knife inserted comes out clean. Allow to cool, then refrigerate few hours before turning out.

**Serves 2.**



**CLASSIC PAVLOVA****CLASSIC PAVLOVA**

3 egg-whites  
 pinch salt  
 $\frac{3}{4}$  cup castor sugar  
 $\frac{1}{4}$  cup granulated sugar  
 1 tablespoon cornflour

1 teaspoon lemon juice  
 $1\frac{1}{4}$  cups cream  
 1 punnet strawberries  
 chinese gooseberries

Beat egg-whites and salt until soft peaks form, add castor sugar gradually, beating well after each addition. Make sure sugar is completely dissolved. Mix together granulated sugar and cornflour, lightly fold into meringue with lemon juice.

Mark a tray with 23 cm (9 in.) circle of greased greaseproof paper which has been lightly dusted with cornflour. Spread approximately 5 mm ( $\frac{1}{4}$  in.) layer of mixture to fit circle. With remainder of mixture, pipe or spoon swirls round edges to form shell. Bake in slow oven  $1\frac{1}{2}$  to 2 hours.

When cool fill with whipped cream, decorate with strawberries and chinese gooseberries, or other favorite fruit. For a pretty glaze, brush strawberries with warmed, sieved strawberry jam.

## PASSIONFRUIT BAVARIAN



## PASSIONFRUIT BAVARIAN

2 teaspoons gelatine  
2 tablespoons water  
½ cup milk  
½ cup sugar

2 eggs, separated  
4 large passionfruit  
1 tablespoon sugar, extra  
⅔ cup cream

Sprinkle gelatine over water, dissolve over hot water. Combine egg-yolks, sugar and milk in top of double saucepan, beat well. Stir over hot water until custard thickens slightly.

Remove from heat, add dissolved gelatine and passionfruit pulp. Refrigerate until slightly set.

Beat egg-whites until soft peaks form, add extra sugar, beat well. Fold egg-whites through passionfruit mixture, then lightly fold in whipped cream. Pour into lightly oiled 1 litre (1¼ pint) mould. Refrigerate overnight before unmoulding.

**Serves 4 to 6.**

## STRAWBERRIES FLAMBE

1 lemon  
2 oranges  
½ cup sugar

2 punnets strawberries  
½ cup brandy

Remove rind from the oranges and lemon in large strips, taking care not to include any of the white pith; squeeze lemon and oranges.

Put sugar, the lemon and orange rinds and juices in saucepan, cook slowly 5 minutes, pressing rind with spoon to extract all flavor possible. Remove rind. Add the hulled strawberries to pan, spoon syrup gently over strawberries until they are coated with it. Warm brandy, pour over strawberries, set aflame. Serve with cream or spoon over vanilla icecream.

**Serves 6.**



## CHOCOLATE ECLAIRS



1 cup water  
60 g (2 oz.) butter  
1 cup plain flour

pinch salt  
3 eggs

Sift flour. Put water, butter and salt into saucepan. Stir until all butter has melted, bring to rapid boil. Add flour all at once. Stir vigorously with wooden spoon until mixture is thick. When mixture leaves sides of saucepan and forms a smooth ball, remove from heat, cool.

Eggs can be added to the pastry by hand or with the electric mixer. If by hand, beat eggs first, this cuts down mixing time. Add beaten eggs a little at a time, beating well after each addition. When all eggs are added, beat paste well until it is free of lumps. Mixture should be smooth.

If mixing on electric mixer, put paste into small mixer bowl. Add whole eggs one at a time. Beat in first egg at low speed then add another egg. Proceed in the same way until the three eggs have been beaten in; it may be necessary to add another egg-yolk. If mixture climbs up on beaters, turn off mixer, scrape down, beat again.

Fill choux paste into piping bag fitted with 1 cm (½ in.) plain tube, pipe 5 cm (2 in.) lengths on to greased oven slide, leaving about 5 cm (2 in.) space between each eclair shape. Bake in hot oven 10 minutes, reduce heat to moderate, bake further 20 minutes or until golden and dry.

Split eclairs carefully, scoop out with small spoon any of the uncooked mixture from inside, allow to cool. Fill with whipped cream and, if desired, strawberries. Top with chocolate icing.

**CHOCOLATE ICING:** Combine 60 g (3 oz.) roughly chopped dark chocolate and 2 teaspoons solid white vegetable shortening in top of double saucepan. Stir over simmering water until melted.

**APRICOT NECTAR CHEESECAKE****APRICOT NECTAR CHEESECAKE****BASE**

**155 g (5 oz.) plain sweet biscuits      75 g (2½ oz.) butter**

Combine finely-crushed biscuit crumbs and melted butter, mix well. Press mixture firmly on to base of 20 cm (8 in.) springform pan, refrigerate 1 hour.

**FILLING**

<b>470 g (15 oz.) can apricot nectar</b>	<b>½ cup castor sugar</b>
<b>1 tablespoon gelatine</b>	<b>1 tablespoon lemon juice</b>
<b>375 g (12 oz.) packaged cream cheese</b>	<b>1¼ cups cream</b>

Measure 1 cup apricot nectar from can (reserve remainder for topping). Pour nectar into small saucepan, sprinkle gelatine over. Place over low heat and stir until gelatine dissolves; allow to cool and thicken slightly. Beat softened cream cheese and sugar until mixture is smooth and creamy, add lemon juice. Beat in apricot mixture, then fold in whipped cream. Pour mixture into crumb crust, refrigerate 2 hours or until firm.

**TOPPING**

Place 1 tablespoon sugar and 3 teaspoons arrowroot in saucepan, gradually stir in reserved apricot nectar. Bring mixture to boil, stirring constantly; remove from heat, add 2 teaspoons rum. Continue stirring for a few minutes to allow mixture to cool slightly. Spread topping over cheesecake, refrigerate until topping sets.



**LEMON ICE****LEMON ICE**

2 cups hot water  
 ¾ cup sugar  
 ½ cup lemon juice

1 egg-white  
 1 tablespoon grated lemon rind  
 1 tablespoon sugar, extra

Dissolve sugar in hot water, add lemon juice and rind, set aside to cool, strain. Pour into refrigerator trays and freeze, stirring occasionally until mixture is mushy; remove from trays.

Beat egg-white stiffly, beat in extra sugar, fold in lemon mixture. Return to freezer trays. Freeze until firm.

**Serves 4.**

**ORANGE LIQUEUR ICE**

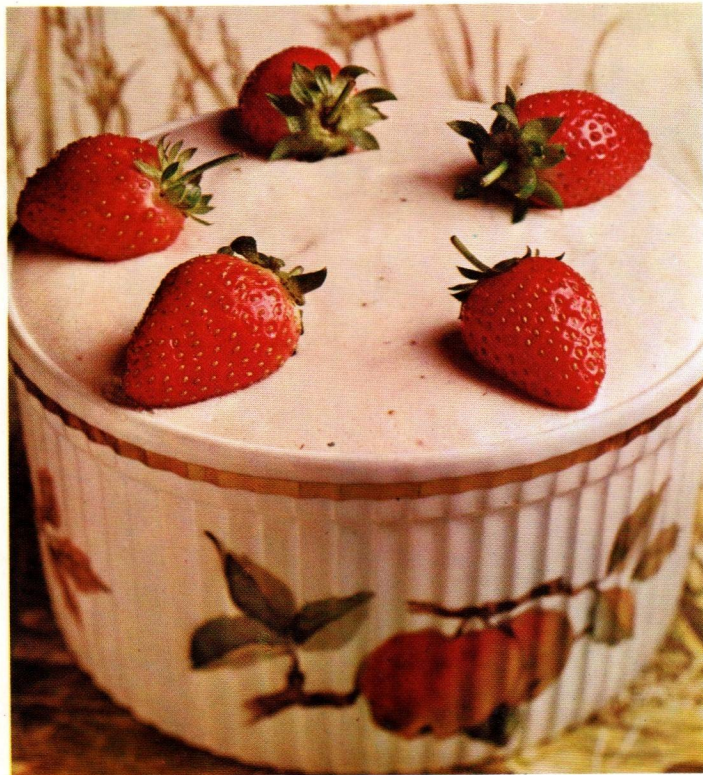
470 g (15 oz.) can fruit cocktail    2 cups water  
 ⅓ cup sugar    ¼ cup Grand Marnier or  
 1 tablespoon grated lemon rind    Cointreau

Put undrained fruit cocktail in electric blender, blend until smooth, or push fruit with syrup through sieve. Put in saucepan with sugar, lemon rind and water. Stir over low heat until sugar dissolves, then bring to the boil. Cool, add liqueur. Pour mixture into freezer tray, freeze until firm, stirring occasionally. Flake lightly, fill into serving glasses.

**Serves 4.**

*(This recipe is shown on the Divider Card.)*

## STRAWBERRY SOUFFLE



## STRAWBERRY SOUFFLE

3 eggs, separated

½ cup sugar

3 teaspoons gelatine

⅓ cup water

1¼ cups cream

1 punnet strawberries

1 tablespoon brandy

Wash strawberries, dry gently, remove hulls. Mash strawberries, add brandy, set aside.

Beat egg-yolks and sugar together, place in top of double saucepan over hot water, stir approximately 10 minutes, until thick and creamy. Sprinkle gelatine over water; when softened, dissolve over hot water, cool a little, add to slightly cooled custard mixture. Allow to cool, stirring occasionally to prevent mixture setting on the bottom.

When mixture is just beginning to set, fold in mashed strawberries, whipped cream and softly beaten egg-whites. Pour into 18 cm (7 in.) souffle dish or 4 individual souffle dishes, refrigerate until set. If desired, decorate with whipped cream and extra strawberries.

**Serves 4.**

## PASSIONFRUIT SOUFFLE

Substitute the pulp of four passionfruit for the strawberries. Fold in passionfruit pulp with the whipped cream and softly-beaten egg-whites; omit brandy.



**BANANA CREAM PIE****BANANA CREAM PIE****CRUMB CRUST**

250 g (8 oz.) plain sweet biscuits

125 g (4 oz.) butter

Crush biscuits finely. Combine biscuit crumbs and melted butter. Press on to sides and base of 20 cm (8 in.) springform pan. Refrigerate while preparing filling.

**FILLING**

30 g (1 oz.) butter

2 eggs, separated

 $\frac{2}{3}$  cup brown sugar, lightly packed $\frac{2}{3}$  cup cream $\frac{2}{3}$  cup water

3 to 4 bananas

1 $\frac{1}{4}$  cups milk

2 tablespoons lemon juice

1 tablespoon gelatine

extra whipped cream

Combine butter, brown sugar and half the water in saucepan; stir over heat until sugar has dissolved, approximately 2 minutes. Cool slightly, stir in milk.

Soften gelatine in remaining water, dissolve over hot water, cool. Blend into milk mixture. Add lightly-beaten egg-yolks to milk mixture. Allow to cool. When beginning to stiffen slightly, fold in lightly whipped cream and softly beaten egg-whites.

Slice bananas thinly, dip into lemon juice; reserve some slices for decoration. Arrange remainder on base of crumb crust. Pour cream mixture over carefully; refrigerate until set. Decorate with extra whipped cream and bananas.

**COINTREAU ICECREAM**

**5 eggs**  
 **$\frac{3}{4}$  cup sugar**  
 **$1\frac{1}{4}$  cups cream**

**2 tablespoons Cointreau**  
 **$\frac{1}{4}$  cup sugar, extra**

Place eggs and the  $\frac{3}{4}$  cup sugar in top of double saucepan. Beat over hot water until the sugar dissolves and mixture is luke-warm. Remove from heat, beat until thick and creamy. Whip cream and extra sugar until firm. Fold egg mixture and Cointreau into cream, combine well.

Spoon mixture into freezer tray or two 25 cm x 8 cm (10 in. x 3 in.) bar tins which have been lined with aluminium foil. Freeze until firm, unmould carefully. Decorate if desired with orange segments; cut into slices for serving.

**Serves 6.**

**RUM ICECREAM**

**4 eggs, separated**  
 **$\frac{3}{4}$  cup sugar**  
**2 tablespoons rum**

**$\frac{1}{4}$  cup castor sugar**  
 **$2\frac{1}{2}$  cups cream**

Beat egg-yolks until creamy, gradually add sugar, beating well until all sugar is dissolved and mixture is thick and creamy; add rum, beat well. Beat egg-whites until soft peaks form, gradually add castor sugar, beating well after each addition until all sugar is dissolved. Beat cream until soft peaks form. Gently fold egg-white mixture and cream into egg-yolk mixture. Pour into large cake tin. Cover with plastic food wrap. Place in freezer overnight or until frozen. Delicious over canned or stewed plums, or other fruit.

**Serves 6 to 8.**



## FRUIT FLAN



## FRUIT FLAN

### PASTRY

1 cup plain flour  
1 tablespoon icing sugar  
¼ teaspoon baking powder  
pinch salt

90 g (3 oz.) butter  
1 egg-yolk  
1 teaspoon lemon juice  
1 teaspoon water, approx.

Sift dry ingredients into basin, rub in butter until mixture resembles coarse breadcrumbs. Sprinkle over combined egg-yolk and lemon juice and enough water to give a firm dough. Refrigerate 30 minutes. Roll out pastry, line 20 cm (8 in.) or 23 cm (9 in.) flan tin and prick base well. Bake in moderately hot oven 10 to 15 minutes or until pale brown, cool. Fill pastry carefully with cold custard. Arrange well-drained fruit decoratively over custard. Brush fruit with warm glaze.

### CUSTARD

3 tablespoons custard powder  
2 tablespoons sugar  
½ teaspoon vanilla

1 cup milk  
½ cup cream

Combine custard powder and sugar in saucepan, add milk, stir until blended. Bring to the boil, stirring constantly, add vanilla, cool. Whip cream, fold into the cooled custard.

### TOPPING

470 g (15 oz.) can black cherries  
470 g (15 oz.) can apricots

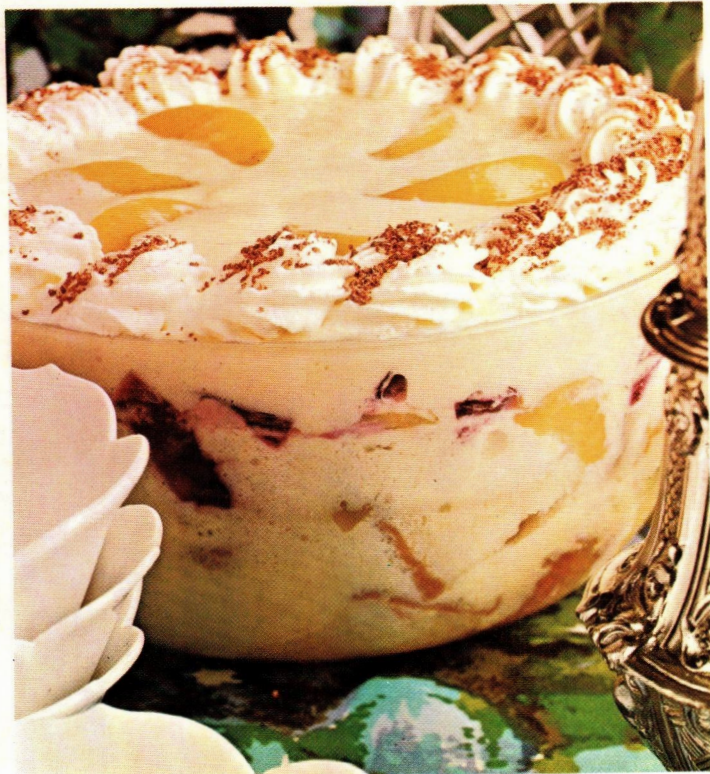
1 punnet strawberries

### GLAZE

2 tablespoons apricot jam

1 tablespoon brandy

Put jam and brandy in saucepan, heat gently until boiling. Push through sieve immediately to give a smooth glaze.

**SHERRIED CUSTARD TRIFLE****SHERRIED CUSTARD TRIFLE**

1 packet port wine jelly crystals  
 1¾ cups hot water  
 4 tablespoons custard powder  
 2½ cups milk  
 ½ cup sugar  
 2 eggs, separated  
 ½ teaspoon vanilla  
 1¼ cups cream

500 g (1 lb.) plain cake or  
 sponge cake  
 12 macaroons  
 910 g (1 lb. 13 oz.) can sliced  
 peaches  
 ¼ cup sweet sherry  
 30 g (1 oz.) grated chocolate

Dissolve jelly crystals in hot water, refrigerate until firm; chop roughly. Blend custard powder with a little of the milk in a saucepan, add remaining milk and sugar, stir over heat until thickened. Remove from heat, add well-beaten egg-yolks and vanilla; allow mixture to cool. Fold in softly-beaten egg-whites and half the whipped cream.

Arrange macaroons and sliced cake in base of serving dish. Drain peaches, reserve syrup, and reserve six peach slices for decoration. Combine reserved syrup and sherry, pour over macaroons and cake. Top with a layer of chopped peaches, jelly and custard, repeat layers.

Decorate with remaining whipped cream, reserved peach slices, and grated chocolate.

**Serves 6.**



## APRICOT SOUR CREAM PIE



## APRICOT SOUR CREAM PIE

### BASE

**185 g (6 oz.) plain sweet biscuits      90 g (3 oz.) butter**

Crush biscuits finely. Combine biscuit crumbs and melted butter in bowl. Press biscuit mixture over base and half-way up sides of greased 20 cm (8 in.) springform pan. Refrigerate while preparing filling.

### FILLING

<b>470 g (15 oz.) can unsweetened pie-pack apricots</b>	<b>1¼ cups sour cream</b>
<b>3 tablespoons sugar</b>	<b>1 egg</b>
<b>2 tablespoons flour</b>	<b>1 teaspoon grated lemon rind</b>
<b>¼ cup water</b>	<b>1 tablespoon sugar, extra</b>
	<b>1 teaspoon nutmeg</b>

Combine apricots and sugar in saucepan, stir over heat until sugar dissolves. Blend flour with water, gradually add to apricot mixture, return to heat, stir until mixture boils and thickens. Cool.

Spread apricot mixture over crumb crust. Bake in moderate oven 10 minutes.

Combine sour cream, egg, lemon rind and extra sugar, pour over hot apricot filling, sprinkle with nutmeg, return to oven for a further 20 minutes.

**CREME CARMEL****CREME CARMEL****CARAMEL**

- $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup water

Combine sugar and water in wide pan and stir over medium heat until sugar has dissolved, then increase heat and boil rapidly until mixture turns deep golden brown. Do not stir at this time or mixture could crystallise. Pour caramel into four or five individual heatproof dishes (small souffle dishes are excellent); rotate dishes so that caramel coats sides and base.

**CUSTARD**

- $1\frac{3}{4}$  cups milk  
 $\frac{1}{2}$  cup cream  
 $\frac{1}{4}$  cup sugar

- 4 eggs  
 1 teaspoon vanilla

Beat eggs, vanilla and sugar together lightly. Combine milk and cream in saucepan, bring to scalding point, cool slightly. Pour gradually over egg mixture, stirring all the time. Strain into large jug to remove any tiny specks of egg, and ensure velvety texture. Pour custard carefully over caramel in dishes. Put in baking dish with hot water coming half-way up sides of dishes. Bake in moderately slow oven 25 to 30 minutes or until set. Remove from water, cool, then refrigerate. Turn out carefully on to deep serving plates.

**Serves 4 or 5.**



**BLACKCURRANT PEARS****BLACKCURRANT PEARS****4 pears****3 cups water****410 g (13 oz.) can****½ cup brandy****blackcurrant syrup**

Peel pears, leave whole. Place in saucepan with blackcurrant syrup, water and brandy. Bring to the boil, reduce heat, simmer until pears are cooked (15 to 20 minutes), allow to cool in liquid. Serve in individual serving dishes, pour over some of the syrup.

**Serves 4.****PEARS IN WHITE WINE****4 pears****1 tablespoon grated lemon rind****1 cup sugar****1 tablespoon lemon juice****2 cups water****4 whole cloves****2 cups white (or red) wine****5 cm (2 in.) cinnamon stick**

Peel whole pears thinly, keeping a good shape and leaving stalks in place. Place pears and remaining ingredients in saucepan. Liquid should just cover pears; if necessary add more water and wine in equal proportions. Cover, simmer gently 20 minutes, or until tender. Strain syrup, pour over pears, refrigerate. Serve with syrup spooned over.

**Serves 4.**

**PINEAPPLE-PASSIONFRUIT CHEESECAKE****PINEAPPLE — PASSIONFRUIT CHEESECAKE****CRUMB CRUST**

**185 g (6 oz.) plain sweet biscuits      90 g (3 oz.) butter**  
**1 teaspoon cinnamon**

Melt butter, crush biscuits finely; combine butter, biscuits and cinnamon; mix well. Line 18 cm x 28 cm (7 in. x 11 in.) lamington tin with aluminium foil. Press crumb crust over base only. Refrigerate while preparing filling.

**FILLING**

**250 g (8 oz.) packaged cream cheese      4 passionfruit**  
**125 g (4 oz.) cottage cheese      1 tablespoon gelatine**  
**½ cup condensed milk      1¼ cups cream**  
**910 g (1 lb. 13 oz.) can crushed pineapple      1 passionfruit, extra**

Drain pineapple, reserve 1 cup syrup. Put reserved syrup into saucepan, sprinkle gelatine over, stir over low heat until gelatine is dissolved. Refrigerate until almost set.

Beat cream cheese, sieved cottage cheese and condensed milk in bowl until very soft and creamy. Gradually add pineapple syrup mixture. Fold in pineapple and passionfruit pulp. Beat half the cream until soft peaks form, fold into cheese mixture. Pour on to prepared base, refrigerate until set. Decorate with remaining whipped cream, spoon over extra passionfruit pulp, swirl into the cream.



**CHOCOLATE CHESTNUT CREAM****CHOCOLATE CHESTNUT CREAM**

280 g (9 oz.) can sweetened  
chestnut puree  
2 tablespoons brandy  
1¼ cups cream

2 tablespoons sugar  
60 g (2 oz.) dark chocolate  
30 g (1 oz.) flaked almonds

Beat chestnut puree and brandy until smooth. Whip cream and sugar until thick peaks form, fold in chestnut mixture. Spoon into large piping bag fitted with star tube, pipe mixture into small serving dishes.

Spread almond flakes on to oven tray, toast in moderate oven 5 minutes or until golden brown, cool. Sprinkle almond flakes over chestnut cream, drizzle with melted chocolate. Refrigerate until ready to serve.

**Serves 4.**

**Note:** There are two types of canned chestnuts. One is pure chestnut pureed; the other is pureed chestnuts flavored with sugar, glucose and vanilla. The latter is the type to use for this recipe. Check ingredients on can.

## PINEAPPLE RICE CREAM



## PINEAPPLE RICE CREAM

$\frac{2}{3}$  cup short grain rice  
5 cups (1  $\frac{1}{4}$  litres) milk  
 $\frac{1}{2}$  cup sugar  
2 teaspoons vanilla

910 g (1 lb. 13 oz.) can  
crushed pineapple  
 $2\frac{1}{2}$  cups cream

Wash rice. Bring milk to boil in saucepan, sprinkle in rice. When boiling, reduce heat and simmer, covered, over low heat 45 to 50 minutes or until milk has been absorbed. Remove from heat, add sugar and vanilla, cool.

When cold, fold in drained pineapple and whipped cream. Refrigerate before serving.

**Serves 6 to 8.**

## APRICOT AND PASSIONFRUIT CREAM

125 g (4 oz.) dried  
apricots  
 $1\frac{1}{4}$  cups water  
 $\frac{1}{4}$  cup sugar

$1\frac{3}{4}$  cups cream  
1 tablespoon sugar,  
extra  
2 passionfruit

Cut apricots in quarters, put in saucepan with water and  $\frac{1}{4}$  cup sugar, simmer gently 10 to 15 minutes until soft. Strain and cool; reserve liquid. Beat cream with extra sugar until stiff, fold in apricots and passionfruit pulp, then reserved liquid. If desired, top with extra passionfruit.

**Serves 4.**